



## Health Champion Update Get Ready for Summer

### Course Objectives

- To understand how to keep your customers safe in the sun.
- To understand what advice to give if people have been sunburnt.
- To understand what precautions people need to take to reduce the risk of being bitten by mosquitoes.
- To look at other advice you can give people to keep them safe and healthy on holiday.
- To understand where people can get advice regarding taking medication abroad.
- To give a list of resources where you can get leaflets and information.

### Weblinks

#### British Association of Dermatologists

Great selection of posters and leaflets to download from this organisation whose motto is 'healthy skin for all'.

<http://www.bad.org.uk/for-the-public/sun-awareness-campaign/downloadable-leaflets-and-posters>

#### Diabetes UK

Our vision is a world where diabetes can do no harm. Diabetes affects more people than any other serious health condition in the UK.

[https://www.diabetes.org.uk/guide-to-diabetes/life-with-diabetes/travel?msclkid=9e652386249818852e2b78a6cb50b761&utm\\_source=bing&utm\\_medium=cpc&utm\\_campaign=Travel%20and%20Diabetes&utm\\_term=%2Btravel%20%2Bdiabetes&utm\\_content=Travel%20and%20Diabetes](https://www.diabetes.org.uk/guide-to-diabetes/life-with-diabetes/travel?msclkid=9e652386249818852e2b78a6cb50b761&utm_source=bing&utm_medium=cpc&utm_campaign=Travel%20and%20Diabetes&utm_term=%2Btravel%20%2Bdiabetes&utm_content=Travel%20and%20Diabetes)

#### Anatomy Stuff

Has a selection of free posters you can download on skin cancer.

<https://www.anatomystuff.co.uk/documentrepository/free-skin-cancer-sun-protection-posters>

#### Easyhealth.org.uk

Easyhealth was made so that people know where to find 'accessible' health information. 'Accessible' information is information that uses easy words with pictures

[http://www.easyhealth.org.uk/listing/sun-care-\(leaflets\)](http://www.easyhealth.org.uk/listing/sun-care-(leaflets))





## **Cancer Research UK**

Our vision is to bring forward the day when all cancers are cured.

This link is for free leaflets you can download that you could use on a display.

<https://publications.cancerresearchuk.org/products/prevention>

## **NHS Choices**

Your health, your choice

<https://www.nhs.uk/live-well/healthy-body/sunscreen-and-sun-safety/>

## **GOV.UK**

Advice from the Government about malaria prevention including dosage regimes and recommendations of which malaria regimes to use.

<https://www.gov.uk/government/publications/malaria-prevention-guidelines-for-travellers-from-the-uk>

## **Travel Aware**

Preparing for safe and healthy travel abroad. This is a government website that gives great up to date information on travel abroad.

<https://travelaware.campaign.gov.uk>



